

FRONT & CENTER

Providing News to Our Veterans

January 2012



IT'S YOUR HEALTH

After all the holiday parties, Christmas cookies, and other delicious holiday treats, it's no wonder losing weight and getting fit is one of most popular New Year's resolutions. It's also one of the most commonly broken. Let VA Butler Healthcare help you keep

your resolution this year to lose weight, get fit and live well with *MOVE!*, the national VA program to help Veterans lose weight, keep it off and improve their health.

Army Veteran James King started with the VA Butler *MOVE!* Group in April 2008 after being recommended to the program by his VA doctor. "When I started, my cholesterol was out of sight, my sugar was sky high – you name it, and it was high," said James. "Now, my readings are normal in everything and it's all because of everyone in the *MOVE!* program."

The *MOVE!* Group is an eight-week weight management program for Veterans. The class meets once weekly and consists of education on nutrition, exercise/physical activity, and healthy behavior change information. The goal is to make healthy lifestyle changes through weight loss. Veterans are weighed in weekly and complete food/

activity logs to track what they are eating and how they are getting exercise.

The VA Butler *MOVE!* team does not tell Veterans what to eat and what not to eat, rather "they are there to keep you living!" said James. "They are not trying to tell you how to live; it's your health. It's important to go in with an open mind."

Since his *MOVE!* program ended, James has been regularly attending the *MOVE!* Support Group and maintaining his weight loss of 50 pounds and six inches of waist circumference. He also volunteers regularly to help with the *MOVE!* program.

Veterans interested in the *MOVE!* Program may contact their health care team for a referral or call the *MOVE!* Program Office for more information, 800.362.8262, ext. 5504.

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James King

THIS MONTH IN HISTORY...JANUARY

- 11 The U.S. Surgeon General declares cigarettes may be hazardous to health, the first such official government report (1964)
- 21 The USS Nautilus, the world's first nuclear powered submarine, is launched at Groton, Connecticut (1954)
- 26 In a letter to his daughter, Benjamin Franklin expresses unhappiness over the choice of an eagle as the symbol of America, and tells her his preference is the turkey (1784)
- 27 U.S. involvement in the Vietnam War ends as North Vietnamese and American representatives sign an agreement in Paris (1973)
- 28 The U.S. Coast Guard is created – President Woodrow Wilson signs into law the “Act to Create the Coast Guard” (1915)



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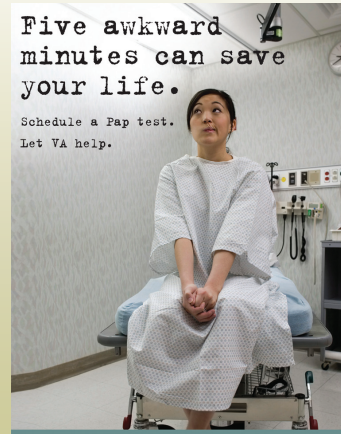


JANUARY IS CERVICAL HEALTH AWARENESS MONTH

Approximately 11,000 American women will learn they have cervical cancer this year, and nearly 4,000 will die from an advanced form of the disease. Cervical cancer was once the number one cause of death from cancer in women. Thanks to cervical cancer screening with the Pap test, the number of women in the United States who develop cervical cancer has dropped significantly. This January, during Cervical

Health Awareness Month, VA Butler Healthcare urges all women to talk to their health care team about getting a Pap test as a screening tool for cervical cancer.

VA Butler provides routine gynecologic care to all eligible women Veterans. For information talk to VA Butler Healthcare's Women Veterans Healthcare Program Manager at 800.362.8262, ext. 2756.



MOVING FORWARD

A Problem-Solving Class to Help Achieve Life's Goals

VA Butler Healthcare recently started a new educational and life coaching program called Moving Forward. It teaches Veterans how to work through stressful problems often associated with transitioning back to civilian life or life in general. Moving Forward teaches practical problem-solving skills; it helps with problems like deciding on a new career, dealing with financial difficulties or divorce, becoming a parent for the first time, and much more.

The more successful you are in overcoming obstacles to reach your goals, the less stress you will experience. The less stress, the better your overall physical and mental well-being. Veterans interested in Moving Forward should talk to their health care team at VA Butler. **We're here to help you *move forward* in your life.**

We want to hear from you!
Email amanda.wilczynski@va.gov
or lauren.heiger@va.gov to share
your story with us!



BEST DENTAL CARE ANYWHERE

In a new national survey, the National VA Dentistry Survey of Dental Care Experiences of Patients: 2011, our Veterans ranked VA Butler Healthcare as the best in the nation among VA Hospitals for overall dental care. Run by Synovate, an internationally recognized market research company, the survey provided detailed information about how Veterans perceive their VA dental care.

In overall dental care, 92% of VA Butler's dental patients ranked the quality of dental care as a nine or 10

on a 10-point scale (10 being "best possible"). **This makes VA Butler Healthcare the number one ranked dental program in the country on this important metric.** In every survey measure, VA Butler scored well above the national average.

VA Butler Healthcare Dental provides X-rays, exams, dentures, restorations, extractions, cleaning, crowns and bridges, and night guards to eligible Veterans. To learn more about VA dental care, eligibility status and enrollment, call 724.477.5011.

EVENTS

5 **January Podcast • VA Core Values**
Thursday, Jan. 5 • 12-12:30 pm
Chat link: talkshoe.com/tc/85029
or Call in: 724.444.7444 (Call ID: 85029)

1-31 **Healthy Living Food Drive**
(non-perishable and non-expired food items only)
All donations benefit homeless Veterans.
Contact 724.285.2292 for details.



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